Walk **Indiana**

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Ready to Mix it Up?

Walk Indiana
Week 3

Great work! You've successfully completed two virtual Walk Indiana routes. We're stepping it up again this week, so continue increasing your step count and moving as much as possible throughout your day. We know you'll have no problems with the third challenge. Here are the details:

Virtual Route: Greensburg to Columbus
Total Miles: 33.9 miles
Total Steps: 67,800 steps
Daily Step Challenge: 9,000 steps per day
Days to Complete: 7-8 days

Your Weekly Push

It is not the mountain we conquer but ourselves. –Edmund Hillary

Physical Activity Tip: Our bodies are designed to walk for good health. Regular brisk walking, just thirty minutes a day can:

- Lower cholesterol and blood pressure
- Strengthen your heart
- Improve your circulation

It also burns calories and helps with weight control - not to mention improving your mental outlook. Walking is a great activity for people of all ages and fitness levels. We often think that a vigorous workout at the gym is the only way to gain the health benefits of exercise, when all we really need to do is the thing that comes naturally - walk!

Nutrition Tip: Walking strengthens your heart and lowers blood pressure, so consider eating foods that do the same. The DASH diet stands for **D**ietary **A**pproaches to **S**top **H**ypertension and is full of fruits, vegetables and low fat dairy foods. It is moderate in total fat and low in cholesterol and saturated fat. DASH also encourages low sodium intake. Nuts, seeds, whole grains, poultry, fish and lean meats are all recommended foods. Check out the weekly menus, eating plans and shopping tips by clicking here (http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf) .

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